

Title: Healthy Habits for Life - Fruits and Vegetables – Catch a Rainbow Interactive Display

Target Audience: The following client categories: PG, BF, PP, I - 6 months and over, C

Objectives:

The participant/caregiver will:

1. Identify fresh, frozen and canned fruits and vegetables as nutritious.
2. Explain that we should eat a variety of fruits and vegetables; by including some from each of the five color groups.
3. Conclude that we should eat enough fruits and vegetables to cover “half our plate;” or 5-9 servings per day.
4. Caregivers of infants will identify that once infant cereal with iron is successfully introduced (about 6 months old), fruits and vegetables should be introduced next.

Teaching Materials Needed:

1. Display board or bulletin board
2. The three panel display, Catch a Rainbow Every Day
3. Master copies of the following handouts:
 - a. A Health-Full Plate (English and Spanish, as needed)
 - b. Eat Your Fruits & Veggies recipe brochure or other fruit/vegetable recipes (could use recipes from the cookbooks provided)
 - c. Feed Me! 6 to 12 Months (English and Spanish, as needed)
 - d. Ways to Stretch Your Food Dollar bookmark (optional)
 - e. Select a handout from the packet (or use your own) for children; most have English and Spanish
 - f. Evaluation tool

Advance Preparation Needed:

1. Set up interactive display.
2. Make necessary copies of the master handouts and evaluation.

Class Outline and Methods:

1. The interactive display, handouts, and evaluation will be available during clinic hours.

2. A knowledgeable staff member should be available for client questions regarding the interactive display.
3. Once the client reads through the materials and completes the Fruit and Vegetable – Catch a Rainbow evaluation, the client should submit the evaluation to the clerk for recording of completion of the Fruit and Vegetable nutrition education interactive display. If possible, return the completed evaluation to the client to take home.

Evaluation:

The evaluation will consist of questions participants answer related to the importance of eating a variety of fruits and vegetables.

Suggested Optional Activities:

Add other suggested activities that can be done as a part of the interactive display.

- Place an unusual fruit or vegetable in a “mystery bag” and see if clients can guess its identity.
- Provide samples of a fruit or vegetable for clients to try.
- Provide information about vegetable gardening. (Cooperative extension programs are good gardening resources.)
- Have clients take home a mini garden. Use plastic gloves, cotton balls wetted with water, and vegetable seeds. Place a wetted cotton ball and a couple of seeds in the tip of each finger of the glove. Tie off the arm part of the glove. Have client place in a window at home, and watch it grow!
- Make a chart with a cost comparison between the forms of fruits and vegetables – fresh, frozen, canned.
- Have available in the waiting area: plastic fruits and vegetables for children to play and pretend with, children’s books about fruits and vegetables.
- Tape a large piece of paper or posterboard on a table or wall and have clients write down their favorite fruit or vegetable.
- Have a fruit/vegetable election: clients vote on their top fruit or vegetable (include the more nutritious choices: broccoli, grapes, cantaloupe, carrots, sweet potatoes, cauliflower, mango, tomatoes, etc.).

Concepts: The Fruit and Vegetable – Catch a Rainbow materials are designed for an interactive educational display about fruits and vegetables. The main concepts are:

1. Fresh, frozen and canned fruits and vegetables are all nutritious. Clients are encouraged to purchase all three forms, so that they will have enough fruits and vegetables to last until their next shopping trip. Some canned vegetables may have added sodium (salt). Some frozen vegetables may have added sauces which contribute added calories, fat and sodium.
2. Clients are encouraged to compare prices of fruits and vegetables and purchase those that provide the best quantity and nutrition. Fresh fruits and vegetables that are in season are generally less expensive.
3. Clients are encouraged to consume 5 – 9 servings per day or enough fruits and vegetables to cover “half their plate.”
4. Clients are encouraged to consume a wide variety of fruits and vegetables by eating a variety of different colors of fruits and vegetables. In general, the darker or deeper colored fruits and vegetables have higher amounts of vitamins and minerals.
5. Children should be encouraged to participate in helping to select and prepare fruits and vegetables for the family. Even young children can help rinse fruits and vegetables, tear lettuce and greens, etc.
6. Infants 6 months and older are usually developmentally ready to try foods. The ideal first food is infant rice cereal with iron. Once the infant is successfully consuming cereal, fruits or vegetables can be introduced. Only one new food should be introduced every three - four days, so that any potential food allergies can be identified.
7. Infants that are successfully eating strained fruits, vegetables, and meats, should progress to mashed, then to chopped, and lastly to pieces of foods. Soft table foods can be modified in texture as the baby progresses. For example: bananas can be mashed to a smooth texture or a texture with small pieces, then to slices of soft banana.
8. The new WIC food packages (8/09) will introduce a fruit/vegetable check that can be used to purchase fresh, frozen, and canned fruits and vegetables (except for white potatoes). (Further details – see Timely Tidbits)
9. The new WIC food packages (8/09) will introduce baby food fruits, vegetables, and meats. (Further details – see Timely Tidbits)